



Warren County Health District

News and Information
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Grilling for the Summer



The sun is starting to come out and its almost that time of year! Planning, attending and eating our way through summer festivities can be fun and exciting, and with just a little bit of effort, we can stay healthy and fit while enjoying the summer!

Get those Veggies on the Grill

When firing up the grill, BBQ ribs and marinated steaks may be the first things that come to mind, but don't forget to pair them with colorful veggies! It could be corn on the grill, or adding toppings to your favorite juicy burger. Some other vegetables that are perfect for your BBQ include asparagus, zucchini, eggplant, onions, peppers, broccoli, cauliflower, Brussel sprouts, mushrooms, and tomatoes. These hearty vegetables complement your BBQ meat perfectly and add a delicious component to your meal. Pro Tip: Grill extra veggies to add to other meal throughout the week!

Fruit can also enhance the dessert table. A fun and simple fruit dessert is watermelon pizza. Cut a watermelon into slices. Place the slices on a platter to resemble the slices of a pizza. Top the watermelon with whipped cream or yogurt and add fruit, nuts or chocolate chips. Pairing a grilled peach with honey and frozen yogurt is also a satisfying treat.

Hydrate!

Beverages at the barbeque can make calories add up pretty quickly. Drink water instead of lemonade, sweetened iced tea and soft drinks. Water doesn't have to be boring. You can spice it up by adding herbs, sliced cucumbers or sliced fruit such as oranges, strawberries, peaches, nectarines or pineapple. Fun flavor pairings include watermelon and basil, cucumber and mint, blackberry and sage, and strawberry and mint or basil. If you need a bubbly taste, use seltzer water. You can also make unsweetened iced tea.

Get Moving

When the main event at the barbeque is food, it can make it easier to overeat. In addition to food, have some board games or outside games like corn hole, kickball, volleyball or badminton available. Invite everyone to go for a walk around the neighborhood or a local park. The point isn't to burn off what you ate, but to take the focus off food so you and your guests don't find yourselves mindlessly grazing on pretzels or chips because there isn't anything else to do. Enjoy not only the food, but also the company!

For more tricks and tips, check out these articles:
<https://takecare.milfordregional.org/2015/06/01/10-tips-for-a-healthy-summer-bbq/>
<https://nutritionhealthworks.com/nutrition-blog/tips-eating-well-summer-barbeques/>
<https://www.sfmfoodbank.org/blog/nutrition-education-tips-for-a-tasty-and-healthy-summer-bbq/>
<https://www.healthline.com/nutrition/mindful-eating-guide>



Skin Cancer Awareness

With over 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer. Fortunately, skin cancer is also one of the most preventable cancers. By sharing facts about the dangers of unprotected sun exposure and encouraging people to check their skin for warning signs, we can and will save lives. When caught and treated early, skin cancers are highly curable. And in the early stages of skin cancer development, you're the one with the best chance to see changes. Self-exams are a simple way to look at yourself with a new focus that can save your life. That's why you are recommended to check your skin head to toe once a month.

Because skin cancers appear in many shapes and sizes, it's important to know the warning signs associated with basal cell carcinoma (BCC), squamous cell carcinoma (SCC), melanoma, Merkel cell carcinoma (MCC) and other rare skin cancers, and the precancer actinic keratosis (AK).

If you see something NEW, CHANGING or UNUSUAL, get checked by a dermatologist right away. It could be skin cancer. This includes:

- A growth that increases in size and appears pearly, transparent, tan, brown, black, or multicolored.
- A mole, birthmark or brown spot that increases in size, thickness, changes color or texture, or is bigger than a pencil eraser. Learn the ABCDEs of melanoma.
- A spot or sore that continues to itch, hurt, crust, scab or bleed.
- An open sore that does not heal within three weeks.

How do I perform a self exam on my skin?

1. Examine your face

Especially your nose, lips, mouth and ears — front and back. Use one or both mirrors to get a clear view.

2. Inspect your scalp

Thoroughly inspect your scalp, using a blow-dryer and mirror to expose each section to view. Get a friend or family member to help, if you can.

3. Check your hands

Palms and backs, between the fingers and under the fingernails. Continue up the wrists to examine both the front and back of your forearms.

4. Scan your arms

Standing in front of the full-length mirror, begin at the elbows and scan all sides of your upper arms. Don't forget the underarms.

5. Inspect your torso

Next, focus on the neck, chest and torso. Lift the breasts to view the undersides.

6. Scan your upper back

With your back to the full-length mirror, use the hand mirror to inspect the back of your neck, shoulders, upper back and any part of the back of your upper arms you could not view in step 4.

7. Scan your lower back

Still using both mirrors, scan your lower back, buttocks and backs of both legs.

8. Inspect your legs

Sit down; prop each leg in turn on the other stool or chair. Use the hand mirror to examine the genitals. Check the front and sides of both legs, thigh to shin. Then, finish with ankles and feet, including soles, toes and nails (without polish).

Want to get this newsletter via email?

If you are interested, email Allison Combs at acombs@wcchd.com with the email address that you would like this newsletter sent!

MEMORIAL DAY



WCHD will be closed on Monday, May 29th, in observance of Memorial Day!

National Asthma and Allergy Awareness Month



More than 100 million people in the United States have asthma and/or allergies. Some people may have more than one of these conditions.

- Nearly 26 million people in the U.S. have asthma (20.7 million adults and 4.8 million children). Asthma impacts some communities more than others, but it can be managed with the right tools.
- About 20 million people in the U.S. have food allergies (16.0 million adults and 4.3 million children).
- About 80 million people in the U.S. have rhinitis due to nasal allergies, also called “hay fever” (66.4 million adults and 13.9 million children).
- There is no cure for asthma or allergies.

These numbers paint a picture of how many people in the U.S. are managing asthma and allergies. But they don't paint a picture of the overall impact these diseases have on people, their caregivers, and communities.

You can take the following steps to help protect your lungs from injury or disease:

-Quit smoking or don't start

-Avoid secondhand tobacco smoke by staying away from places where smoking is allowed. Ask friends and family members who smoke not to do it in the house or the car.

-Aim for a healthy weight. Unhealthy eating patterns and lack of physical activity can lead to overweight and obesity, which can lead to sleep apnea.

-Be physically active. Physical activity can help strengthen your heart and lungs so they work more efficiently.

-Limit exposure to outdoor air pollution

-Reduce indoor air pollution by making sure that the places where you live and work are well ventilated and cleaned regularly to prevent the buildup of allergens, dust, and mold.

-Take precautions against seasonal flu and pneumonia. Get a flu shot every year. You may also want to ask your healthcare provider about the pneumonia vaccine.

-Test your home for radon gas. Radon is a colorless, tasteless, and odorless gas that forms naturally. It can enter buildings through cracks in the wall and can cause lung cancer.

-Use protective gear if you are exposed to particles like dust, silica, allergens, chemical fumes, or other forms of air pollution